



Eat. Well. Healthy Vending Guide

**Step-by-step guide on implementing healthy vending in
your workplace.**

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Introduction

More than two-thirds of American adults are overweight or obese, putting them at risk for heart disease and stroke as well as many other chronic illnesses and conditions. Improving our diet can have a dramatic impact on those conditions. Making healthy changes in the workplace, where many adults spend much of their day, is an important way to help people be healthier.

It also helps cultivate social norms that foster healthier choices and behaviors. A 2010 study showed that improving the types of foods and beverages served and sold in the workplace positively affected employees' eating behaviors and resulted in net weight loss.

Why Do We Need Healthier Vending?

It's often difficult to eat nutritious food when eating outside the home because there is a lack of healthy options-especially when making food and beverage selections from vending machines.

Vending machines are common sources of junk food and sugary drinks, so guidelines for healthy vending are an emerging strategy to increase healthy eating and reduce obesity. Frequent consumption of high-calorie, high-fat foods and beverages-the kind typically found in vending machines-is a major contributor to overweight and obesity.

Making healthy foods available in vending machines- like fruits, vegetables, and low-calories, low-fat snacks and beverages-provides options and creates a healthier environment. This can lead to healthier, more productive employees.

This Eat. Well. Vending Packet will provide you a step-by-step guide on how to start making improvements with healthy vending in your workplace. The healthy vending guidelines will help you provide alternatives to unhealthy food and beverages with added sugars, saturated and trans fat, refined grains, and sodium (e.g. candy, chips, cookies, fried foods, soda, and energy drinks).

Who Can Use This Packet?

Washington County employees work in a variety of settings where vending machines are located. Worksites include:

- Worksites
- Hospitals
- Businesses
- Childcare and after-school care
- Government buildings
- Higher education
- Social service organizations
- Schools and youth programs

Approaches for Creating a Healthy Vending Policy

We have provided three approaches that may help you create a healthy vending policy. The third approach, providing only healthy choices in the vending machine, could be considered the ultimate goal and promotes the most impact to vending machine selections in your organization by promoting 100% healthy vending options.

1. Make healthy options available

Offering healthy food and beverages in your vending machines provide employees with a wider variety of products and healthier options.

Eat. Well. Target Policies*:

Platinum Policy	100% of food and beverage items in vending machines must meet guidelines for healthy vending.
Gold Policy	75% of food and beverage items in vending machines must meet guidelines for healthy vending.
Silver Policy	50% of food and beverage items in vending machines must meet guidelines for healthy vending.
Bronze Policy	25% of food and beverage items in vending machines must meet guidelines for healthy vending.

**Silver, gold, and Platinum Policies will be eligible for additional recognition through the American Heart Association*

2. Make healthy options easier through pricing, marketing, and education

Often the least healthy options in vending machines have the lowest price and the most appealing marketing, encouraging people to purchase these products. These same strategies can be used to promote healthy options by lowering the price and increasing the visibility.

- Use education and marketing to promote healthy products. Advisory councils, wellness teams, and human resources can help with promotion.
- Work with your vendor(s) to price healthy food and beverages at the lowest cost. Be sure to get everything in writing.
- Place healthy items at eye level, with the option to rearrange items as needed.
- Use signage on the vending machines to identify healthier items.
- Limit advertising on vending machines to healthy food and beverages.
- When possible, post calories of the items in the vending machine. The FDA ruling applies to certain food from vending machines. Effective date is December 1, 2016.
<https://www.federalregister.gov/documents/2014/12/01/2014-27834/food-labeling-calorie-labeling-of-articles-of-food-in-vending-machines>

3. Offer only healthy food and beverages (Platinum Policy)

The healthiest vending approach is to provide only food items and beverages that meet the vending guidelines. Consider working towards a goal of offering 100% healthy vending.

- An example would be to ensure that all food and beverages in your vending machines meet the vending guidelines (Platinum Policy) within a three-year period. It is important that you include key stakeholders when making this commitment.

Eat. Well. Vending Guidelines for Healthy Food and Beverages

Food Guidelines

Priority Products	Specific Standards
Fruit Fresh, dried, or canned with no added sugar	<ul style="list-style-type: none"> • No more than 200 calories • No more than 240 mg sodium • No more than 1 g saturated fat • Zero grams trans fat • No products containing partially hydrogenated oils • At no point was the food fried • Avoid food that list sugar as one of the first three ingredients or that contain more than 8 g of added sugar per serving.
Vegetables Fresh, dried, or canned with very low sodium	
Fat-Free or Low-Fat Dairy Products 1% or less for dairy such as cheeses and yogurts	
Whole-Grain, High-Fiber Options Whole grain is first or second ingredient; fiber is 2 grams or more per serving	
Unsalted Nuts, Seeds Also derived butters and pastes, like peanut butter	
Beans, Peas, and Legumes Hummus, edamame, or snow peas	
Low-Fat and Low-Calorie Condiments Mustard, relish, light mayonnaise, fat-free or oil-based dressings, salsa, ketchup, low-sodium soy sauce.	

Beverage Guidelines

Priority Products	Specific Standards
Water Plain, sparkling and flavored	
Unsweetened Teas Regular and Herbal	
100% Fruit and Vegetable Juice	No more than 180 calories, no added sweeteners per 12 fl. oz. No more than 120 calories per 8 fl. oz.
Skim or 1% Milk and Soy	No more than 130 calories per 8 fl. oz.
No- or Low- Calorie Beverages E.g. diet soda	Less than 10 calories per 8 fl. oz.
Coffee	Milk, creamers or soy are 1% or less

Steps for Implement Healthy Vending in the Workplace

A team-based approach helps your organization increase buy-in and identify the right strategy to implement your healthy vending program. Here are some steps and best practices for healthy vending implementation:

Step 1: Create a wellness team or committee:

- Select recognized leaders (at least two) to champion the program
- Educate and engage stakeholders such as administrators, staff, food and nutrition service providers, students, parents, and others in the planning process
- Get the purchasing/procurement development involved
- Have success stories ready to help promote the cause

Step 2: Assess the environment:

- Survey your staff and other stakeholders about current perceptions of healthy eating (Appendix A)
- Determine where vending machines are located, what products are offered (Appendix B)
- Assess vendors ability to offer a healthy vending program

Step 3: Create an implementation plan with goals, strategies, and timeline (Appendix L, number 3)

Step 4: Write a new vending policy

- Review the surveys and identify enforceable and effective changes to your current vending policy; if necessary, consider piloting healthy products so staff can identify tasty choices and adjust to new options
- Examine your last contract to determine necessary adjustments
- Use other examples of vending policies
- Get approval of the vending policy through proper administrative channels

Step 5: Promote new policy to vendors and employees

- Work with vendors on food selection; some feel loyal to certain products, so research new items and snack companies
- Champion the vending machine changes through all employee communication channels
- Post signage regarding new policy at vending machines

Step 6: Evaluate and enforce the new vending changes

- Continue to assess vending machines and work with vendors to ensure products offered meet the designated criteria
- Compare sales before and after vending policy change, of available, at multiple time points
- Conduct an annual review and survey your employees again to evaluate and revise your vending guidelines as needed

Appendix A:

Sample Employee Survey (1)

Date: _____

This survey should take no more than 10 minutes and is meant to help us gain a better understanding of your preferences for snack items in the vending machine.

Please check the best answer:

1. How many times per week do you buy food and/or beverages from vending machines?

- ☐ Less than 1 time/week 1-2 times/week
☐ 3-4 times/week 5-6 times/week

2. When making a choice at a vending machine, how important is: (Mark one box for each item)

	Not important	Somewhat important	Very important
Trying a new snack			
Snack taste			
Snack price			
Calorie count of snack			
Amount of fat in snack			
Amount of carbs in snack			

3. Do you think vending machines are part of a healthy workplace?

- ☐ Yes No

4. Are you able to distinguish healthier foods and beverages at your worksite vending machine?

- ☐ Yes No

5. If healthier food options were made available to you, would you purchase them?

- ☐ Yes No

Comments:

Optional Assessment (2)

Please complete the survey below. This survey will help us identify foods to put in our vending machines.

Mark the following foods as either:

You really like it



It's okay




You don't like it



I don't know



Feel free to add other food you would like to have!

Foods				
Raisins				
Animal crackers				
Nuts & seeds				
Chex Mix				
Baked Lays				
Baked Cheetos				
Baked Doritos				
Pretzels				
Dried fruits				
Fig Bars				
Diet Coke				
Diet Pepsi				
Flavored water				
Diet Sprite				
Skim milk				
Orange Juice				
Apple Juice				
Cranberry Juice				

Appendix B:

Sample Vending Machine Assessment

Name of Worksite: _____

Date: _____ Number of employees: _____

City: _____ Name of vendor: _____

Number of vending machines at worksite: _____

Snacks *Chips=potato, tortilla, cheese snacks, ect.	# of slots in Machine 1	# of slots in Machine 2	# of slots in Machine 3
Chips, * regular			
Chips, * low-fat or pretzels			
Crackers/Chex Mix			
Fruit or vegetable			
Granola/ cereal bar			
Nuts/ trail mix			
Candy			
Cookies/snack cakes/pastries			
Low-fat cookies and baked goods			
Other food:			
Beverages	# of slots in Machine 1	# of slots in Machine 2	# of slots in Machine 3
Soda (regular)			
Diet soda			
Fruit drink (less than 50% real juice)			
Fruit juice (at least 50% real juice)			
Water			
Sports drinks			
Iced tea, lemonade, or other sweetened drink			
Whole or 2% milk			
Coffee			
Other drink:			
Total # of slots in vending machine			

*if you have more than three vending machines, please use another page.

Appendix C:

Sample Healthy Food and Beverage Policy

Healthy Food and Beverage Policy Updated December 10, 2015

SCOPE

This Healthy Food and Beverage Policy applies to all foods and beverages sold through vending at XXXX.

PURPOSE

At XXXX, our fundamental mission is health. It's in our history and our values. In support of our mission, XXXX is dedicated to providing an environment that supports employee, patient, visitor, and workplace health. There is a general consensus among scientists and the medical community that good nutrition is associated with the prevention of chronic diseases such as diabetes, heart disease, cancer, and obesity. In addition, research indicates policy, systems, and environmental changes which make healthy choices the easy, default choice have the greatest public health impact.

In light of this consensus, XXXX believes it is imperative that XXXX provide employees, patients, and visitors with healthy food and beverage choices that support their efforts to prevent disease, attain optimum health, and model healthful dietary practices. Creating a culture in which making the healthy choice the easiest choice is key to building and supporting a healthy lifestyle.

POLICY

Beverage Criteria:

Effective DATE, at least {25%, 50%, 75%, 100%} of beverages sold at vending machines at XXXX will be one of the following options:

- Water (plain, sparkling and flavored) – no more than 10 calories per serving
- Fat-free (skim) or low-fat (1%) milk or milk alternatives (soy, almond, etc.) – if flavored, no more than 130 calories/8 fl. oz.
- 100% fruit juice with no added sugar/sweeteners (except non-nutritive sweeteners) and:
 - No more than 120 calories per 8 fl. oz. (preferred serving size)
 - No more than 150 calories per 10 fl. oz.
 - No more than 180 calories per 12 fl. oz.
- Other beverages – no more than 10 calories per serving

Food Criteria:

Effective DATE, {25%, 50%, 75%, 100%} of snacks sold at vending machines at XXXX will comply with the following guidelines:

- No more than 200 calories
- No more than 240 mg sodium
- No more than 1 g saturated fat
- Zero grams trans fat
- No products containing partially hydrogenated oils
- At no point was the food fried
- Avoid food that list sugar as one of the first three ingredients or that contain no more than 8 g of added sugar per serving.

Calorie Labeling Criteria:

Effective DATE, all foods and beverages available in vending machines at XXXX must label the total calorie content of each item as sold. Labeling should be consistent with federal law for calorie labeling of vending machines once in effect.

For more information and resources, check out the [American Heart Association Healthy Workplace Food and Beverage Toolkit](#).

Appendix D:

Sample Contracts and Negotiation Considerations

ChangeLab Solutions provides sample contracts and other helpful materials (Appendix L). Consider the following when developing your contract:

Control Which Products Are Sold or Advertised

You—not the vendor—should retain control over the following contract terms:

- Type of products sold, including the choice not to sell certain products
- Number and location of vending machines on your property
- Placement of products in the vending machines (also called “slotting position”)
- Portion size of the products (for example, 12-ounce rather than 20-ounce portions)
- Advertising rights, including the decision to prohibit advertising of all kinds (for example, on the front of the vending machine or on the vending supply cups)

Control How Products Are Sold

Require the following:

- Nutritious products (such as milk, 100% juice, and plain water) are priced lower than less nutritious options (such as sodas, diet sodas, sports drinks, or flavored waters)
- Commission rates for non-nutritious items are not disproportionately higher than rates for nutritious items, since this could encourage favoring non-nutritious items
- Nutritious products are kept stocked as continuously as non-nutritious products
- Contract states the primary purpose of the agreement is to provide healthy products, and the vendor’s failure to deliver those products is a breach of contract
- Vendor must pay predetermined liquidated damages for breaching the contract and stocking a machine with products that are not on an approved-product list

Maximize Financial Benefit to Your Organization

- Ensure that the standards contained in your healthy vending policy are contained in the competitive bidding documents
- Consolidate vending operations at the highest level possible, rather than negotiating contracts location by location
- Negotiate terms for cash advances, commissions, and exclusive contract rights
- Require that the vendor provide accurate and timely financial reports, and allow periodic audits of their financial records related to the contract
- Require that the contract allows your organization to terminate the contract for cause or convenience without incurring financial or other penalties
- Commit to no more than a five-year contract to maximize vendor competition
- Ensure the contract can be modified if new laws affect the contract terms
- Ensure all vending machines meet the highest standards of energy efficiency

Appendix E:

Sample Letter to Vendor (1)

VENDOR NAME
VENDOR ADDRESS

Dear XXXXX (Vendor Company),

In an effort to improve worksite wellness, INSERT YOUR COMPANY NAME has decided to change our current vending machines to be INSERT PERCENTGE (i.e. 100%, 50%) healthy.

Our company established a wellness committee who has created a list of food our staff would prefer. Please review the enclosed list and make any further recommendations for items to help us meet our goal.

To assist the consumer in identifying items in machines meeting the nutrition standard, we are asking you to designate INSERT PERCENTAGE of slots for healthy offerings and identify these slots with the enclosed sticker. In addition, please place the enclosed poster in a highly visible location at the machine. The poster explains which items meet the nutrition standards. Periodically, the vending machines will be surveyed to see if the posters and stickers are in place and whether items in the designated slots meet the nutrition standards.

We would like all vending machines to be in compliance before SPECIFY DATE. If you have difficulty obtaining approved items or need other assistance, please contact us. Thank you for your participating in making healthy choices available for our employees/clients.

Sincerely,

NAME
BUSINESS NAME
PHONE NUMBER
EMAIL ADDRESS

Sample Letters to Vendor (2)



REQUEST LETTER TO VENDING MACHINE VENDORS

Dear [VENDOR NAME]:

[COMPANY/ORGANIZATION NAME] is committed to building a culture of health and providing healthier foods and beverages throughout our organization, including those sold in our vending machines. We're working with Well Washington County and the American Heart Association in this effort, using the Eat. Well. Healthy Vending Guide. The guide is attached for your reference..

We value our relationship with you and would like to request your help. Please provide a list of the products you can stock in our vending machine(s) that are consistent with the nutrition standards and guidance in the attached document. Provide Nutrition Facts information for all items.

[IF APPLICABLE] We have conducted a review of the current items in our machine(s), and the results are attached. [ATTACH VENDING MACHINE INVENTORY WORKSHEET(S)]

Once we have received and reviewed the product list, I'll get in touch to set a time to meet by phone or in person to discuss next steps. We know that our [EMPLOYEES / MEMBERS / VOLUNTEERS / CUSTOMERS / ETC.] are the end customers, and to help with the transition to healthier foods and beverages, we may want to conduct taste tests with some of the new items before we begin offering them.

There are so many healthier snack foods and beverages available today. If it's possible to explore adding new healthy items to your offerings, we're happy to help you do so by testing potential items in our machine(s).

We look forward to receiving a list of products by [DATE] and working with you as we change the food and beverage environment of our organization.

If you have any questions, please let me know.

Sincerely,

[YOUR NAME]

Attach: Eat. Well. Healthy Vending Guide

Appendix F:

Sample Healthy Eating Messages

(newsletters, social media, email blasts, ect.)

Sample 1: Learn To Read Nutrition Facts Labels Carefully

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. The example below shows the label on a 20-oz. bottle. As you can see, it lists the number of calories in an 8-oz. serving (100) even though the bottle contains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100 x 2.5). You can see that the contents of the entire bottle actually contain 250 calories even though what the label calls a "serving" only contains 100. This shows that you need to look closely at the serving size when comparing the calorie content of different beverages. Look for the Best Choice symbol when choosing a healthy beverage from our vending machines!

NUTRITION FACT LABEL

Serving Size 8 fl. Oz.

Servings Per Container 2.5

Amount per Serving

Calories 100

Sample 2: Sugar by Any Other Name: How to tell whether your drink is sweetened

Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredients list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage. Look for the Best Choice symbol when choosing a healthy beverage from our vending machines!

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

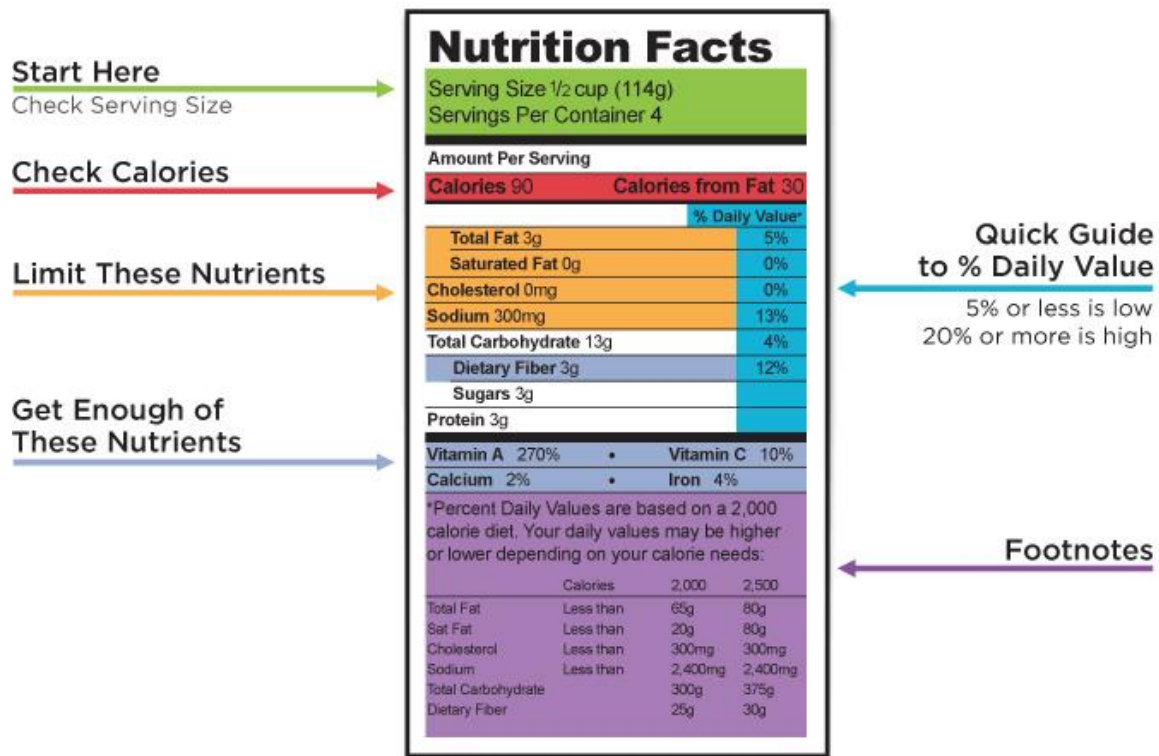
Sample 3: Better Beverage Choices Made Easy

Here are some ways to make smart beverage choices:

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
 - For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
 - Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
 - Serve water with meals.
 - Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
 - Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
 - When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
 - Be a role model for your friends and family by choosing healthy, low-calorie beverages.
- Look for the Best Choice symbol when choosing a healthy beverage from our vending machines!

Appendix G:

How to Read a Nutrition Fact Label



1. All the nutrients listed on the food label pertain to one serving of that food item. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming?" (1/2, 1 or more)
2. Calories provide a measure of how much energy you get from a serving of that food item. The number of servings you consume determines the number of calories you actually consume.
3. The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.
4. The nutrients identified in blue should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.
5. The footnote tells that the %DV for the nutrients listed on the food label are based on a 2,000 calorie diet. This statement does not change from product to product; it is always the same.
6. The Percent Daily Value (%DV) helps to determine if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.

(Source: U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition. "How to Understand and Use the Nutrition Facts Label". For detailed information see <http://www.cfsan.fda.gov/~dms/foodlab.html>)

Appendix H:

Tips for Maintaining a Healthy Weight

Change Your Shopping Habits

- Eat before grocery shopping
- Make a grocery list before you shop
- Choose a checkout line without a candy display
- Buy and try serving a new fruit or vegetable (ever had jicama, fava beans, plantain, bok choy, star fruit, or papaya?)

Watch Your Portion Size

- Share an entree with someone
- If entrees are large, choose an appetizer or side dish
- Don't eat or serve seconds
- Share dessert, or choose fruit instead
- Eat sweet foods in small amounts. To reduce temptation, don't keep sweets at home
- Cut or share high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces
- Eat off smaller plates
- Skip buffets

Change the Way You Prepare Food

- Cut back on added fats and/or oils in cooking or spreads
- Grill, steam, or bake instead of frying
- Make foods flavorful with herbs, spices, and low-fat seasonings
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and condiments
- Serve several whole-grain foods every day
- Top off cereal with sliced apples or bananas

Change Your Eating Habits

- Keep to a regular eating schedule
- Eat before you get too hungry
- Make sure every family member eats breakfast every day
- Drink water before a meal
- Stop eating when you're full
- Don't eat late at night
- Try a green salad instead of fries
- Ask for salad dressing "on the side"
- Chew slowly every time you eat, and remind others to enjoy every bite
- Serve water or low-fat milk at meals instead of soda or other sugary drinks
- Pay attention to flavors and textures
- Instead of eating out, bring a healthy, low-calorie lunch to work and pack a healthy "brown bag" for your kids
- Provide fruits and vegetables for snacks
- Ask your sweetie to bring you fruit or flowers instead of chocolate

Appendix I:

Eat. Well. Vending Machine Signage and Stickers

Place the Eat. Well. Best Choice posters and table tents near your vending machines to help educate employees and promote healthy vending options. The graphics are fun and easy to understand.

For the following materials, please email WellWashCo@washozwi.gov

- Eat. Well. Healthy Vending Guide
- 8.5x 11 Poster
- 11x17 Poster
- Vending Machine Table Tent (5.5 x 17)
- Stickers
- Social Media Posts
 - Facebook
 - Twitter

Sample Promotional Posters (8.5X11 OR 11X 17)



EAT. WELL.

Look for the Best Choice symbol
when choosing a healthy snack.



Make the Best Choice.

Healthy snacking throughout the day is good for you!

Join us to learn ways to select the Best Choice when using our vending machines.

Date/Time: _____

Location: _____

Presenter: _____

Contact: _____

Sample Vending Machine Table Tent (5.5X17)



EAT.WELL.
Look for the Best Choice symbol
with choosing a healthy snack.



EAT.WELL.
Look for the Best Choice symbol
with choosing a healthy snack.

Sample Stickers



Sample Social Media Posts

Make the Best Choice.

Hungry for something salty or sweet?

You can choose sweet or salty treats with the Best Choice logo and enjoy! These products can satisfy your hunger, while keeping you healthy.

200 calories or less

10% total fat or less Daily Value (DV)

10% total carbohydrates or less Daily Value (DV)

5% or more Daily Value (DV) of at least one: fiber, Vitamin D, calcium, potassium or iron

230mg or less of sodium



Make the Best Choice.

Need to quench your thirst?

12 fl oz

Water: Calories: 0, Sodium: 0mg, Carbohydrates: 0g, Sugar: 0g

Diet Soda: Calories: 0, Sodium: 40mg, Carbohydrates: 0g, Sugar: 0g

Regular Soda: Calories: 140, Sodium: 45 mg, Carbohydrates: 39g, Sugar: 39g



Water: Best Choice

Diet Soda: less than 10 calories per 8 fl oz

100% Fruit Juice: less than 180 calories per 8 fl oz

100% Veggie Juice: less than 120 calories per 8 fl oz

Dairy: less than 130 calories per 8 oz

Facebook:

- Working toward [Bronze, Silver, Gold, Platinum] healthy vending! We are now featuring Eat. Well. Best Choice in our vending machines. Check it out!
- We are starting the new year on a smart note with...Eat. Well. Best Choice! That's right, our vending machines featuring new healthy snacks and drinks. What do you think?
- Have you noticed something new in the vending machines? Check out our new and improved, not to mention delicious, vending products. Let us know what healthy snacks YOU want to see next!

Twitter:

- Our snacks are better than yours. Go [insert workplace name]! #Eat.Well.BestChoice
- Our vending machines just became the best! Check them out. #Eat.Well.BestChoice
- What's your favorite #Eat.Well.BestChoice? Plenty to choose from in our new and improved vending machines!
- Good-bye soda, hello water. It does a body good! Check out our new water machines and drink up! #Eat.Well.BestChoice
- We caught [insert colleagues name] eating a #Eat.Well.BestChoice today. Great job!

Appendix J:

Eat. Well. Vending Challenge Agreement

STEP ONE: ENTER THE HEALTHY VENDING CHALLENGE:

- ☐ Commit to adopting a healthy vending policy at your organization
- ☐ Send an e-mail to Tim Nikolai at Tim.Nikolai@heart.org indicating your commitment and the policy you will be pursuing (Appendix K) and your completed vending machine assessment (Appendix B).

Once you enter the Eat. Well. Vending Challenge, you will receive:

- Recognition on the Well Washington County website
- Opportunities for media coverage

STEP TWO: IMPLEMENT A HEALTHY VENDING CONTRACT

- ☐ Sign a new healthy vending contract with a vendor
- ☐ Stock new items in your vending machines
- ☐ Place Eat. Well. Best Choice signage on vending machine and include in all educational materials
- ☐ Take a picture of your new healthier vending machines. Please include the Eat. Well. Best Choice promotional materials.
- ☐ Submit a signed copy of this checklist, along with a photo of your healthy vending machine and photo release form to: Tim Nikolai at Tim.Nikolai@heart.org

Upon confirmation that you have met the requirements for the Eat. Well. Vending Challenge, you will receive:

- An official certificate documenting your success
- A policy logo to share on your website
- Recognition on the Well Washington County website
- Additional opportunities for media coverage

CONFIRMATION

I hereby certify that _____ has met the requirements of the Eat. Well. Vending Challenge.

Authorized Signature: _____

Title, Date: _____

Appendix K:

Eat. Well. Vending Challenge Commitment

As a commitment to a healthier workplace, [Insert Organizational Name] is committed to participating in the Eat. Well. Vending Challenge.

We will offer healthy options in our: (check the one's that apply)

- ☐ Beverage Vending
- ☐ Food Vending

Beverage Vending

We completed the beverage vending assessment (Appendix B) and currently fall in the category of:

- ☐ Platinum
- ☐ Gold
- ☐ Silver
- ☐ Bronze
- ☐ Not categorized yet

Following the assessment, we will be committing to achieving the below category by [Enter Date] :

- ☐ Platinum
- ☐ Gold
- ☐ Silver
- ☐ Bronze

Food Vending

We completed the beverage vending assessment and currently fall in the category of:

- ☐ Platinum
- ☐ Gold
- ☐ Silver
- ☐ Bronze
- ☐ Not categorized yet

Following the assessment, we will be committing to achieving the below category by [Enter Date] :

- ☐ Platinum
- ☐ Gold
- ☐ Silver
- ☐ Bronze

Company name: _____

Contact name, email, phone: _____

Beverage vending company, contact: _____

Food vending company, contact: _____

Appendix L:

Healthy Vending Resources

Healthy Vending Toolkits

1. Alabama Public Health Department: <http://adph.org/NUTRITION/index.asp?id=4929>
2. City of Chicago: <https://www.cityofchicago.org/content/dam/city/depts/cdph/CDPH/BlueprintHealthierVending2013.pdf>
3. Alberta Health Services: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-vending-toolkit.pdf>
4. American Heart Association: http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_465693.pdf
5. Center for Disease Control, Rethink Your Drink: http://www.cdc.gov/healthyweight/healthy_eating/drinks.html
6. Alliance for Healthier Generation: https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/
7. Eat Well Work Well: <http://www.eatwellworkwell.org/vending.htm>
8. Developing a Healthy Beverage Vending Agreement: <http://www.changelabsolutions.org/>
9. Fit Pick: <http://fitpick.org>
10. Snackwise: <http://www.snackwise.org/home.cfm>